

L'ABAT – JOUR ITALIAN RESTAURANT - BRASSERIE MENU

PANE E STRUZZICHINI

Homemade bread with olive oil & balsamic vinegar per portion	£ 1.00
with olives	£ 2.00
Caponata - Mixed peppers, celery, capers and green olives - sweet & sour sauce	£ 2.00
Prosciutto di parma – Toasted bread topped with Parma ham and olive oil	£ 2.50
Bresaola di Manzo – Toasted bread topped with cured beef and olive oil	£ 2.50
Pizza garlic bread baked and brushed with garlic butter and oregano	£ 2.50
with cheese	£ 3.75
Bruschetta vegetarian – Vegetarian bruschetta topped with cubed tomatoes, garlic, olive oil and oregano	£ 3.50
Crostini Casalinga – With spicy red peppers, tomato, mozzarella and basil	£ 3.75
Soup of the day	£ 3.95
Cream of lobster soup laced with brandy	£ 5.75

PASTAS | INSALATE | CARNE

Spaghetti Bolognese/Napolitana/Aglio Olio Pepenroncino/Carbonara	£ 7.95
Spaghetti con Polpette with spicy veal and herbs meat balls	£ 8.95
Fettuccine Alfredo Long ribbons of pasta fused with Parmesan cheese, cream & butter add prawns or chicken	£ 9.95 £12.95
Penne alla`Arrabiata Penne pasta with tomato, basil, garlic, chilli, olive oil and parsley	£ 7.95
Zucchini carbonara with penne pasta Smoked streaky bacon, courgettes, egg yolk, cream, Parmesan & thyme	£ 8.95
Linguini al pesto Long, flat, thin pasta with crashed basil, pine nuts and garlic with greated parmesan & olive oil	£ 8.75
Linguini alle vongole Bianco / Rosso Long, flat thin pasta with clams, chilli, garlic, white wine and parsley Bianco / Rosso with tomato sauce	£ 9.75
Spaguetti all'Aragosta Pasta, lobster, prawns, white wine, cherry tomatoes, garlic & chilli	£16.95
Linguini Nero Positano Black linguini with prawns, a touch of garlic, chilli and fresh baby plum tomatoes	£11.95
Pappardelle al filetto / al Pollo Large ribbons of pasta with sauté strips of beef fillet or chicken breast, sun blushed tomatoes, basil, & cream	£11.95
Rigatoni alla Norma Tube-shaped pasta with aubergine, ricotta cheese, smoked bacon, tomatoes, garlic & basil	£10.95
Crespolline alla Fiorentina Stuffed pancakes with ricotta cheese, baby spinach, tomatoes, parmesan & cream sauce	£ 9.95
Salade Nicoise Lettuce, anchovies, tomatoes, olives, green beans, artichokes and capers with herb dressing Salade Nicoise with poached salmon or char grilled chicken	£ 8.95 £10.95
Petto di pollo con Erbe Baked breast of chicken with garlic & herbs served with new potatoes sprinkled with parmesan	£11.95
Escalope di vitello or petto di pollo Milanese Veal escalope or breast of chicken escalope Milanese with spaghetti napolitana or French fries from	£11.95
Steak Sandwich served with French fries	£11.95
Pan fried calf's liver Strips of liver, pancetta, salad and french fries - Toscana dressing	£ 8.95
Potatoes: New, Mash, Saute, Lyonnaise, or French fries	£ 2.75
Sweets from the trolley	£ 4.95
Selection of cheeses	£ 6.50

A discretionary 12.5% gratuity will be added to the final bill • **SELECTION OF DAILY SPECIALS AVAILABLE**

Open for lunch & dinner, Private room available Mon. to Sun.

L`ABAT – JOUR

STONE OVEN BAKED PIZZAS AND BREADS

1.	PIZZA MARGARITA Tomato, mozzarella, basil - olive oil	£6.95
2.	PIZZA AL FUNGHI Tomato, mushrooms and mozzarella cheese	£7.75
3.	PIZZA QUATTRO FORMAGGI Tomato, mozzarella, ricotta, parmesan & gorgonzola	£8.95
4.	PIZZA DIAVOLA Spicy pepperoni with Roquito and green chillies, sliced tomato and mozzarella	£8.95
5.	HAWAIIAN PIZZA Tomato, mozzarella, ham, and pineapple	£8.50
6.	PIZZA FIORENTINA Tomato, spinach, parmesan, garlic, olives and free range-fried egg	£8.50
7.	PIZZA SICILIANA Tomato, Mozzarella, capers, anchovies and olives	£8.50
8.	PIZZA ALTO ADIGE Smoked ham, buffalo mozzarella, baby plum tomatoes, rocket and Grana Padano	£10.50
9.	PIZZA PICCANTE Tomato, mozzarella, pepperoni with spicy oil	£8.95
10.	PIZZA VEGETARIANA Tomato, mozzarella cheese and grilled Mediterranean vegetables with a drizzle of olive oil	£8.95
11.	PIZZA MARINARA Sea food pizza	£10.95
12.	PIZZA PASQUALINO Tomato, Italian sausage, grilled aubergines, mozzarella cheese and oregano	£10.95
	EXTRA TOPPINGS	FROM £1.00

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